11

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Discipline and Ideas in Applied Social Sciences

Quarter 3 – Module 1:
Social Sciences and Applied Social Sciences; Disciplines of Counseling

ALTERNATIVE DELIVERY MODE
ADM

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Discipline and Ideas in Applied Social Sciences – Grade 11
Alternative Delivery Mode
Quarter 3 – Module 1: Social Sciences and Applied Social Sciences; Disciplines of Counseling
First Edition, 2020

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11

Discipline and Ideas in Applied Social Sciences

Quarter 3 – Module 1: Social Sciences and Applied Social Sciences; Disciplines of Counseling

Introductory Message

For the facilitator:

Welcome to the Discipline and Ideas in the Applied Social Sciences 11 Alternative Delivery Mode (ADM) Module on Social Sciences and Applied Social Sciences; Disciplines of Counseling!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:

Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Discipline and Ideas in the Applied Social Sciences Alternative Delivery Mode (ADM) Module on Social Sciences and Applied Social Sciences; Disciplines of Counseling!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:

What I Need to Know	This will give you an idea of the skills or competencies you are expected to learn in the module.
What I Know	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
What's In	This is a brief drill or review to help you link the current lesson with the previous one.
What's New	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
What is It	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
What's More	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
What I Have Learned	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
What I Can Do	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

References This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

What I Need to Know

MOST ESSENTIAL LEARNING COMPETENCY:

The learners…

- clarify the relationships and differences between social sciences and applied social sciences (**HUMSS_DIASS 12-Ia-1)**
- identify the goals and scope of counseling (**HUMSS_DIASS 12-Ia-2)**
- explain the principles of counseling (**HUMSS_DIASS 12-Ib-5)**

This Learning Module is designed to maximize your full potential on improving yourself especially in interacting and relating with other individuals.

This course introduces some Applied Social Sciences which draw their foundation from the theories and principles of Social Sciences. In this course you shall be able to demonstrate competencies in interacting and relating with other individuals, groups, and communities; apply social sciences principles, practices, and tools in addressing the development areas identified by the class; and analyze how processes in these applied disciplines work in specific life situations. The purpose of this course is to prepare you students in the future to offer help, support, understanding, and possible alternatives that could lead enjoyment and a more fulfilling and productive life not only for yourselves but also to other individuals.

At the end of the module, you should be able to:

- explain the relationship and differences between Social Sciences and Applied Social Sciences;
- demonstrate high level of understanding of the goals, scope, and basic principles of counselling through essay writing; and
- value the importance of counseling

What I Know

Directions: *Before the chapter study.* Read each statement carefully. Place a check mark (√) if you agree with the statement and cross (**X**) if you do not agree. **Answer directly in your notebook.**

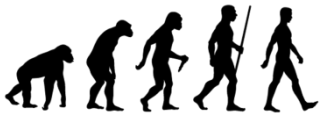
Statements	*√ or X*
1. Social science is defined as a branch of science which deals with the study of society and the relationship of individuals to their environment.	
2. Applied social sciences applies social scientific theories and knowledge from social sciences to the physical environment or society.	
3. Anthropology refers to the study of humans.	
4. History is a study of the past, principally how it relates to humans.	
5. Linguistics is the scientific study of language and its structure.	
6. Counselling is a process which helps the client (counselee) clarify and address problems.	
7. Individual and Family Counseling are considered as the goals of counseling.	
8. Facilitate change of behavior to the client is one of the scopes of counseling.	
9. Listening skills is the number one skill that a counselor should always consider in a counseling process.	
10. It is important to know counseling because it helps people navigate difficult life situations, such as the death of a loved one, divorce, natural disasters, school stress and the loss of a job.	

What's In

Task 1. Picture Analysis:

Review Social Sciences Discipline through picture analysis. Choose the correct word found inside the box.

Anthropology	Economics
Linguistics	Psychology
Sociology	Political Science
History	Geography



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https://tinyurl.com/y2e3mjf5

7._____

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https://tinyurl.com/y53fvges

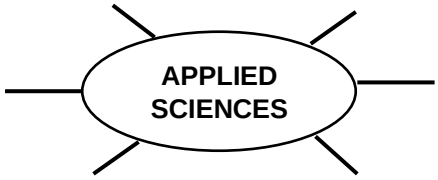
4. _____

8. _____

https://tinyurl.com/yxdyhnfb

Task 2. WORD MAP:

What do you know about Applied Sciences? Gather as many words associated with the word Applied Sciences. Write your answer in your notebook.



What's New

Directions: Copy and answer in your notebook. Answers must be at least 2 sentences in each question.

1. How can the disciplines of Social Science and Applied Social Science be useful in your development as a student?

   _____

   _____

2. Which among the Social Sciences and Applied Social Sciences do you find interesting? Why?

   _____

   _____

What is It

Social Sciences or simply called pure social sciences is defined as a branch of science which deals with the study of society and the relationship of individuals to their environment. It has many branches which include: Anthropology, Economics,

Geography, History, Linguistics, Political Science, Psychology, Sociology, and Demography.

- **Anthropology** refers to the study of humans. As a social science discipline, it examines all aspects of human life and culture. It seeks to understand human origins and adaptation, and the diversity of cultures and worldviews.
- **Economics** studies the production, distribution, exchange, and consumption of goods and services. It deals with the optimum allocation of scarce resources among its alternatives to satisfy the unlimited human wants and needs of the people.
- **Geography** is the science of place. It is the social science that studies the distribution and arrangement of all elements of the earth's surface. Geography studies not only the surface of the earth but also the location and distribution of its physical as well as cultural features, the patterns that they form, and the interrelation of these things as they affect people.
- **History** is a study of the past, principally how it relates to humans. It describes or narrates and analyzes human activities in the past and the changes that these had undergone. In its broadest sense, history is the totality of all past events.
- **Linguistics** is the scientific study of language and its structure. It involves the description of languages, the investigation of their origin, the inquiry of how children acquire language, and how individuals learn languages other than their own. Linguistics also deals with the relationships between or among languages and with the manner languages change over time.
- **Political science** is a social science discipline that studies systems of government, and the analysis of political activity and behavior. It is the systematic study of politics.
- **Psychology** is the scientific study of behavior and mental processes. It is "the scientific study of behavior and the mind." These cannot actually be seen, only inferred from observable behavior." The term *psychology* comes from two Greek words: '*psyche,'* which means "breath, spirit, or soul," and '*logos,'* 'the study of.'
- **Sociology** is the scientific study of human social relations or group life. It primarily deals with social interaction or the responses of persons to each other.
- **Demography** is the interdisciplinary study of the size, growth, and distribution of human populations. It examines statistics such as births, deaths, income, or the incidence of disease, which illustrate the changing structure of human populations. Main areas of inquiry include human population dynamics and human population change. It also involves the study of the structure of populations and how populations change over time due to births, deaths, migration, and aging.

Source:https://ourhappyschool.com/ap-social-studies/nine-social-science-disciplines

Applied Social Sciences also called as practical social sciences are social sciences that apply social scientific theories and knowledge from social sciences to the physical environment or society. For instance, counseling applies the theories of Psychology and other helping professions to empower individuals to make wise career choices. Both basic or applied social science are required for human development. However, applied social sciences cannot stand on their right but instead, relies on basic social sciences progress. In reality, the industry and private organizations tend to focus more on applied social sciences given their practical value, while Higher Education Institutions study both basic and applied social sciences. There are three disciplines under Applied Social Sciences, namely: Counseling, Social Work, and Communication.

Counseling

Counseling comes from the Latin word *"Consilium"* meaning plan, council, wisdom and advice. Counseling is a profession and a helping relationship that facilitates the development of individuals, groups and families that are based on the principle of empowerment that helps achieve personal, social, educational and career development. This is contrary to our shared definition of counseling which focused advice giving, but it more of a process which helps the client (counselee) clarify and address problems.

People who use Counseling in their work

A list of professionals who used counseling in their work are the following:

- Counseling / Clinical Psychologists
- Welfare Workers
- Teachers
- Nurses, Health visitors, and midwives
- Occupational and speech therapists
- Social workers
- Physiotherapists
- Ministers of Religion
- Voluntary and Youth workers

Goals of Counseling

Different individuals have various issues and concerns in life. Their reason for consulting a Counselor or a Counseling Psychologist differs based on their problems

and concerns. Why are people coming to see a counselor or a counseling psychologist? What is the goal of counseling?

The following are some goals of counseling:

a. ***Facilitate change of behavior*** - counseling has specific goals, this specific goal will help both of the client and the counselor understand what specific change of behavior is desired.

b. ***Promote decision making*** - this enables individual make critical decisions but not to decide which decisions the clients should make to acquire understanding not only of their abilities, opportunities, and interests but also their emotions, behavior, and attitudes that could interfere their choices and decisions.

c. ***Enhance coping skills and adjustment*** - There are a lot of pressures in life that a person will face in his/her lifetime. It is the goal of counseling to empower individuals that can enhance coping skills and adjustment to be able to adapt and survive in this complex society we are living.

d. ***Improve relationship skills*** - Many people go to a counselor because of poor self-esteem or inadequate social skills, some of them might be bullied by classmates, and it is the goal of counseling to help the client improve the quality of life by becoming more effective in teaching life skills and interpersonal skills to improve relationships.

e. ***Facilitate counselee or client potential*** - one of the counseling goals is to help an individual maximize his freedom and seek individual's effectiveness by giving him or her control over his environment and/or overcome. Counselors are working with people with excessive smoking, depression, and aggression they help them to take care better of their clients holistically: physical, psychological and spiritual.

In summary, it is the ultimate goal of counseling to help individuals realize their full potential or become self-actualized, maintain an adequate level of development and encourage them to verbalize an unexpressed feeling.

Scope of Counseling

Since all professions have scopes and limitations, counseling also a profession has a scope which will be based on the law which regulates its practice. This practice may be done individually, by the group and in the community by the provision of the law.

- **Individual Counseling**

Identity problems, relationships, anxiety, depression, family problems, behavior management, gender (identity and sexuality), grief/bereavement, relationships, sexual abuse recovery, workplace stress and relationships, drug abuse, eating disorders, HIV, spirituality, status and middle age syndrome.

- **Marital and Pre-marital Counseling**

  Marital and relationship dynamics, Relationship and fertility issues

- **Family Counseling**

  Children and adult behaviors, divorce/annulment and separation problems and adjustments, family problems, life stages, transitions, parenting and remarriage relationship counseling.

Principles of Counseling

There are principles of counseling that should be observed in a counseling relationship and process. These basic principles are essential requirements for the counseling relationship to be efficient and to achieve its goals. The basic principles are the following:

a. *Listening skills* - This is the number one skill that a counselor should always consider in a counseling process. When listening attentively to the client to show that we are interested and we respect him/her whatever situation he/she have right now. This will result in emphatic understanding and can exploit develop a positive and healthy interaction with the client.

b. *Resistance* - human behavior is very complex, and people respond to things differently. It is important for counselors not to take client's resistance personally since some resistance to therapeutic change is natural.

c. *Respect* - Counselor should have respect for his/her client no matter how weird, strange, peculiar, different the customer is with you. A counselor should be neutral and must be objective no matter what. There are times that the counselor do not like the customer, in that case, a counselor must put away personal feelings and treat the client with respect. A counselor should always see him/herself on the client's situation, trying to put his shoe on the shoes of his/her client.

d. *Empathy or Unconditional Positive Regard* - This is based on the writings of Carl Rogers, these two principles go along with particular and effective listening skills. Empathy requires listening and understanding client's feeling and their perspective. This principle should be part of the counselor's characteristics since the success of counselee-counselor relationship will depend on the quality of rapport built along the process.

e. *Clarification, confrontation, and interpretation* - These principles are techniques of therapeutic intervention that are advanced. Clarification is an attempt by the therapist to restate what the client is either saying or feeling so the client may learn something or understand the issue better. Confrontation is a skill that can

assist clients to increase their self-awareness that can be used to highlight discrepancies that clients have been previously unaware of while interpretation is when the counselor tries to interpret the client's situation based on noting and reflection of their story.

f. *Transference and Counter-transference* - a process somewhat related to projection. It is important to understand transference reactions for this help the client gain more understanding of important aspects of their emotional life. Counter-transference refers to the emotional and perceptional reactions the counselor has towards the client.

What's More

Task 3: EMPOWER ME!

1. In our discussion on counseling goals, counseling aims to empower the client by helping him/her to change his/her behavior, make wise decisions in life, ability to cope to his/her environment and improve relationship skills.
   What do you think about this statement? Do you accept or support it? How will it empower you? Explain your answer.
2. If you will be given the chance to be one of the practitioners of counseling, how are you going to assist individuals, groups, or communities involved in difficult situations like post-disaster, court hearing about separation of celebrity couple and cyber bullying?
   Show through writing your understanding of the basic concepts of counseling and apply it to only one situation stated above. Write your thoughts in your notebook with at least one paragraph containing not less than 100 words.

Task 4: NAME THAT PRINCIPLE!

Directions.

1. Among the six principles that we discussed namely; listening skills, resistance, respect, empathy or unconditional positive regard, clarification, confrontation, and interpretation, transference and counter-transference, which will you choose to represent the most?
2. Why this principle? What aspect of the principle influences you? Explain your answer in two paragraphs with at least 200 words.
   Write your explanation in your notebook.

What I Have Learned

After studying this chapter, what have you learned or realized so far? You have to show it through an essay.

Task 5: 100- WORD ESSAY
Directions.

1. In your notebook, you are to answer the following five questions in paragraph form. One paragraph each question. Each paragraph must contain not less than 100 words.
2. Your performance will be graded using the attached rubrics for individual work.
3. Note: 5% of the total score will be automatically deducted if your essay is less than 100 words.

I have learned that _____
I have realized that _____
I will apply _____
What is the importance of counseling? _____
If given a chance to become a counselor, what are the characteristics do you think that a counselor should have? Why? _____

INDIVIDUAL WORK RUBRICS

	Exemplary 4 points	Sufficient 3 points	Minimal 2 points	Beginning 1 point
Reflection on Existing Knowledge	Critically reviews existing knowledge, questions assumptions, and articulates new perspectives as a result of experience	Active and careful consideration of existing knowledge and articulates new understanding of knowledge as a result of experience	Makes use of existing knowledge without an attempt to evaluate/appraise knowledge; demonstrates understanding but does not relate to other experiences or personal reaction	Automatic/superficial responses with little conscious thought or reference to existing knowledge; responses are offered without attempting to understand them
Connection to Academic Concepts	Demonstrates superior connection between experience and class content (concepts/theories) and literature; evidence of application of theory and reconstruction of perspective	Demonstrates clear connections between experience and class content (concepts/theories); evidence of application of theory.	Connects experience with class content (concepts/theories) but remains superficial or abstract	Connections are not drawn between experience and class content (concepts/theories) or literature
Evidence of Development	Articulates transformation of their perspective of themselves or about a particular issue/concept/ problem as a result of experience	Articulates new understanding/insights about self or particular issue/concept/ problem as a result of experience	Limited/superficial insight about self or particular issue/concept/ problem as a result of experience	No evidence of insights about self or particular issue/concept/ problem as a result of experience
Clarity	Consistently accurate and clear wording and sentence structure.	Mostly detailed and mostly clear writing and sentence structure.	Some words are inaccurate or ambiguous. Confusing sentence structure.	Consistently inaccurate or ambiguous wording, confusing sentence structure.

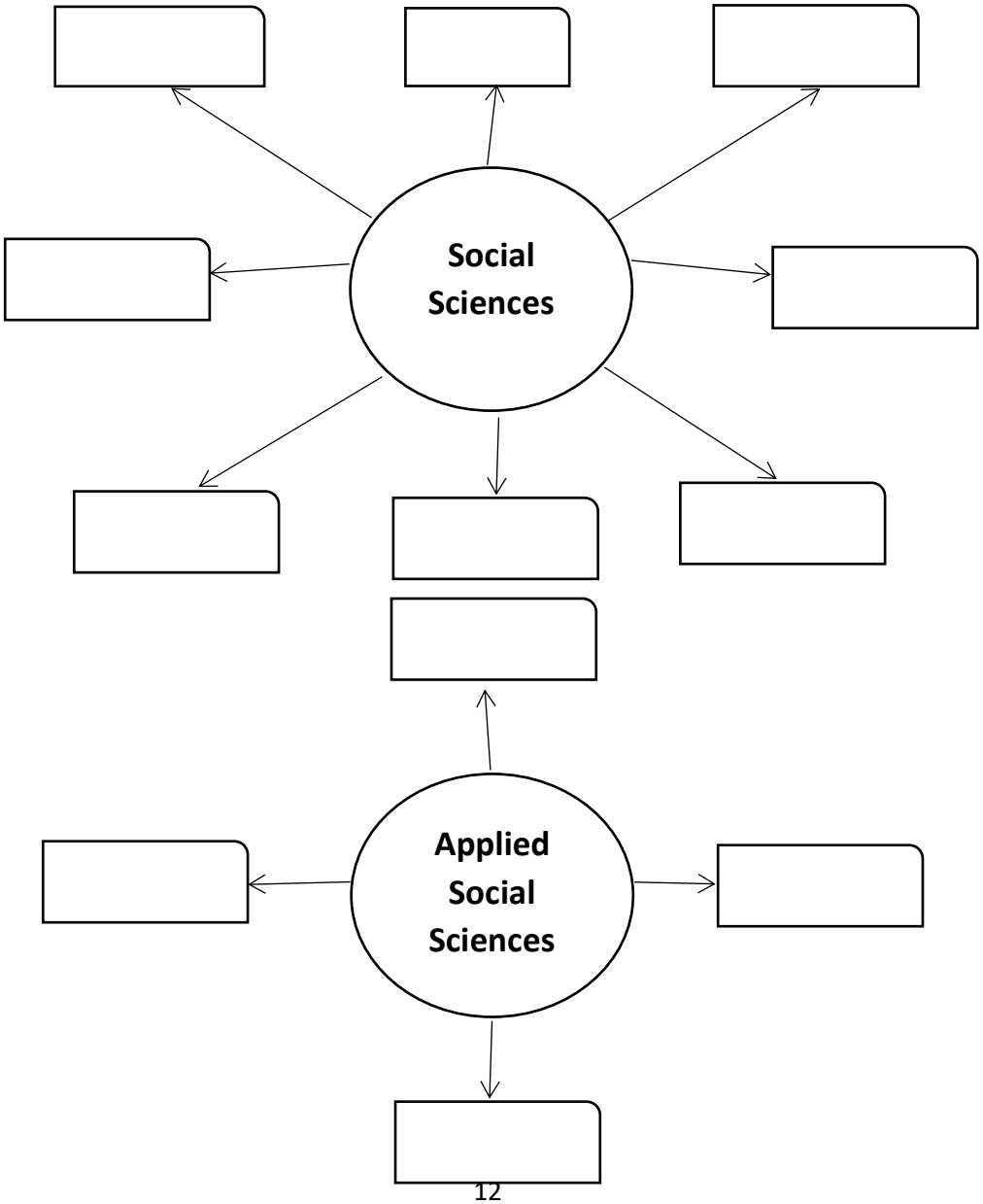
Adapted from: https://brocku.ca/pedagogical-innovation/wp-content/uploads/sites/53/Critical-Reflection-Rubric.pdf

What I Can Do

Task 6: Compare and Contrast Graphic Organizer

Directions: Copy and complete the chart below. Classify the following disciplines and categorize them if they belong to the Social Sciences or to the Applied Social Sciences. Write your answer in your notebook.

Disciplines to be categorized:		
Anthropology	Psychology	Communication
Political Science	Social Work	Sociology
Counselling	History	Demography
Geology	Economics	



Task 7:

Directions: Copy and answer in your notebook. Answers must be at least 3 sentences in each question.

1. How do Social Sciences and Applied Social Sciences resemble and differ from one another?

_____

_____

_____

2. What is the importance of knowing the differences and similarities between Social Sciences and Applied Social Sciences?

_____

_____

_____

Assessment

Direction: *After the chapter study.* Read each statement carefully. Place a check mark (√) if you agree with the statement and cross (**X**) if you do not agree. Answer directly in your notebook.

Statements	*√ or X*
1. It is not important to know counseling because it helps people navigate difficult life situations.	
2. Listening skills is the number one skill that a counselor should always consider in a counseling process.	
3. Facilitate change of behavior to the client is one of the goals of counseling.	
4. Individual and Family Counseling are considered as the scopes of counseling.	
5. Counselling is a process which helps the client clarify and address problems.	
6. Linguistics is the scientific study of language and its structure.	
7. Psychology is a study of the past, principally how it relates to humans.	
8. History refers to the study of humans.	
9. Applied social sciences applies social scientific theories and knowledge from social sciences to the physical environment or society.	
10. Social science is defined as a branch of science which deals with the study of society and the relationship of individuals to their environment.	

Additional Activities

Direction: Based on your observation of any applied social science workers in your community. Describe the kind of work of the professionals you observed. Write your observation in your notebook.

Glossary

The following terms used in this module are defined as follows:

- ✓ **Anthropology** - refers to the study of humans.
- ✓ **Applied Social Sciences** - also called as practical social sciences are social sciences that apply social scientific theories and knowledge from social sciences to the physical environment or society
- ✓ **Clarification -** to make understandable
- ✓ **Confrontation -** the act of confronting
- ✓ **Counselee** - one who is being counseled
- ✓ **Counseling** - is a process which helps the client clarify and address problems.
- ✓ **Counselor -** a person who gives advice or counseling
- ✓ **Countertransference -** the complex of feelings of a psychotherapist toward the patient
- ✓ **Demography** - the interdisciplinary study of the size, growth, and distribution of human populations.
- ✓ **Economics** - studies the production, distribution, exchange, and consumption of goods and services.
- ✓ **Empathy - r**efers to the ability to relate to another person's pain vicariously, as if one has experienced that pain themselves
- ✓ **Family Counseling** - this help children and families who need help how to resolve family issues
- ✓ **Geography** - the science of place.
- ✓ **History -** study of the past, principally how it relates to humans.
- ✓ **Individual Counseling** - one-on-one counseling
- ✓ **Interpretation -** the act or the result of interpreting
- ✓ **Linguistics** - the scientific study of language and its structure.
- ✓ **Marital Counseling** - also called as couples' therapy
- ✓ **Political science** - a social science discipline that studies systems of government, and the analysis of political activity and behavior.
- ✓ **Pre-marital Counseling** - type of therapy that helps couples prepare for marriage.
- ✓ **Psychology** - the scientific study of behavior and mental processes.
- ✓ **Resistance -** a means of resisting
- ✓ **Social Sciences** - simply called as pure social sciences is defined as a branch of science which deals with the study of society and the relationship of individuals to their environment.
- ✓ **Sociology** - the scientific study of human social relations or group life.
- ✓ **Transference -** the redirection of feelings and desires and especially of those unconsciously retained from childhood toward a new object (such as a psychoanalyst conducting therapy)
- ✓ **Unconditional Positive Regard -** is a technique that involves showing complete support and acceptance of psychotherapy clients.

Answer Key

WHAT I KNOW:

1. ✓
2. ✓
3. ✓
4. ✓
5. ✓
6. ✓
7. ✗
8. ✗
9. ✓
10. ✓

WHAT'S IN:

1. Anthropology
2. Economics
3. Geography
4. History
5. Linguistic
6. Political Science
7. Psychology
8. Sociology

WHAT'S NEW:
Answers may vary

WHAT'S MORE:
Answers may vary
Answers may vary

WHAT I HAVE LEARNED:
Answers may vary

WHAT I CAN DO:

Social Sciences (in any order)

1. Anthropology
2. Psychology
3. Political Science
4. Geology
5. History
6. Economics
7. Sociology
8. Demography

Applied Sciences (in any order)

1. Counselling
2. Social Work
3. Communication

ASSESSMENT:

1. ✗
2. ✓
3. ✓
4. ✓
5. ✓
6. ✓
7. ✗
8. ✗
9. ✓
10. ✓

ADDITIONAL ACTIVITIES
Answer may vary

References

BOOK

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